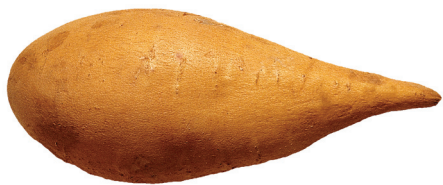


Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetable is

sweet potatoes



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

One large sweet potato is equal to about one cup of vegetables. It is an excellent source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy. One cup of sweet potato is also a source of fiber and vitamin B₆. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. Vitamin B₆ helps the body build healthy blood cells.

Healthy Serving Ideas

Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a tasty batch of sweet potato fries.



Bake chopped sweet potatoes with apples and cinnamon for a warm dessert.



Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious sweet potato hash.



Shopper's Tips

- Look for firm, dark, smooth skin without wrinkles, bruises, or sprouts.
- Do not store sweet potatoes in the refrigerator or they will develop a hard core and an "off" taste.
- Sweet potatoes kept at room temperature should be enjoyed within one week.
- Do not wash sweet potatoes until you are ready to cook them because the water will make them spoil faster.

Let's Get Physical!

Looking for a new fitness routine? Try renting exercise videos so you can be active indoors. You can change videos as often as you like to keep your workout fresh throughout the winter months. If your movie rental store does not carry exercise videos, try your local library!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with all your meals and as snacks throughout the day to reach your total daily needs!

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

For more recipes and tips, visit:
www.cachampionsforchange.net
www.cayam.com

